

### AMENDMENTS TO CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application.

Please add Claims 3-4.

Please cancel Claim 2.

Please amend Claim 1 as follows:

#### Listing of Claims:

Claim 1 (Currently Amended) [I am claiming a] A method of communicating a spiritual message, comprising the steps of:

[a. Providing] constructing an inventory of [apparatus' to be placed inside the shoes of the user] a plurality of insole-shaped shoe inserts;

[[b.]] allocating said inventory into [classes of] a plurality of categories;  
depicting a substantially different spiritual message on each of the plurality of shoe inserts in the categories;

[[c.]] assigning a discrete categorical graphic for each message;

[d. Providing an apparatus as a surface that bears the inspirational message or to communicate a message or advertising a message for support of the message purposes]  
instructing the user to select one or more of the shoe inserts for placement within a wearers associated shoe;

instructing the user to wear the associated shoe with the one or more shoe inserts; and,  
instructing the user to reflect on the message.

Claim 2 (Canceled)

Claim 3 (New) A method of continually reminding a person of the spiritual truths, comprising the steps of:

providing a generally thin article adapted for insertion into an associated wearer's shoe;  
illustrating at least a first visual spiritual message to be continuously recollected by the associated wearer;